

Palm Springs Life®

2010/2011

# Medical™

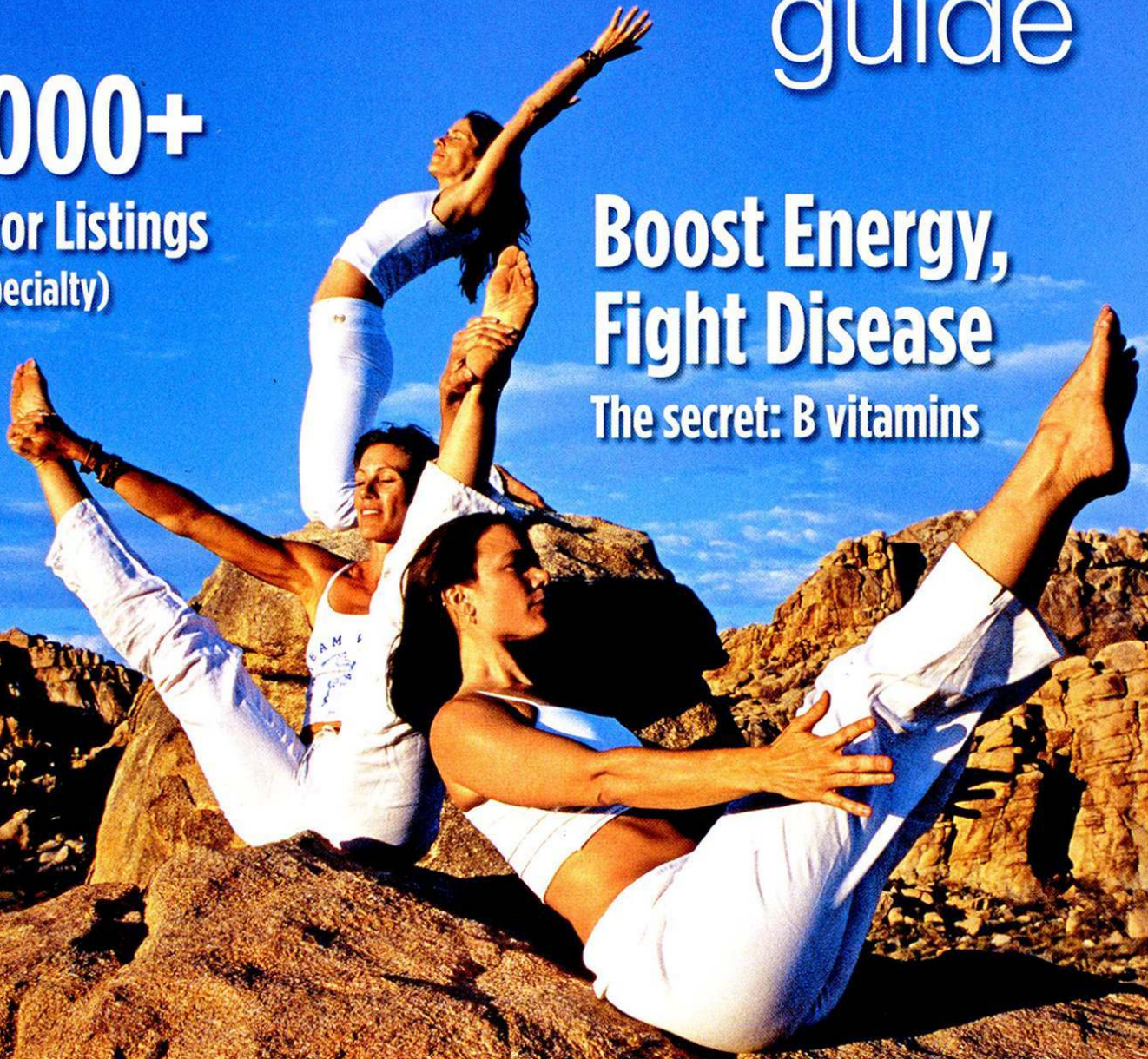
guide

**1,000+**  
Doctor Listings  
(By Specialty)

**Boost Energy,  
Fight Disease**  
The secret: B vitamins

**AMAZING LIFESAVERS**

Alternative treatments for illnesses, injuries, and more!





## ON THE FOREFRONT



Renker Pavilion makes comfort a priority for families visiting Eisenhower Medical Center.

# Luxury Recovery

HOSPITAL STAYS CAN BE ALMOST AS STRESSFUL, TIRING, inconvenient, and difficult for patients' families as they are for the patients themselves. The Greg and Stacey Renker Pavilion at Eisenhower Medical Center aims to ease those discomforts with 24 hotel-like suites that include two bathrooms and living areas that allows overnight guests. Amenities include European linens and down-filled duvets, 42-inch flat-screen televisions and DVD players, high-speed Internet access and fax machines, original artwork, Italian bath fixtures, and full-time concierge service.

A private chef works in a dedicated gourmet kitchen to create individually tailored meals. Patients and visitors also may reserve the pavilion's private dining room, which accommodates groups up to six. Additionally, the kitchen provides food and beverage service to a "family room" with a flat-screen television. An art-filled library houses a collection of DVDs, books, magazines, and newspapers, as well as a flat-screen television and computer stations.

Like local hotel rooms, the suites cost more "in season" (November-May). Costs range from \$295 to \$695 per night, depending on time of year and suite size. Some types of in-patient care (especially intensive care) do not qualify for Renker Pavilion stays.

# Surgery vs. Balloons

IN LATE FEBRUARY, the National Institutes of Health announced findings of a landmark nine-year study comparing treatments for clogged arteries: surgical removal of plaque (carotid endarterectomy) versus the insertion of a wire mesh tube with a balloon catheter that is inflated to open arteries (stenting).

The trial, which included 2,502 patients (with an average age of 69), "provides doctors and patients with much-needed risk/benefit information to help choose the best carotid procedure based on an individual's health history," said Walter Koroshetz, M.D., director of the National Institute of Neurological Disorders and Stroke.

Across the board, regardless of sex and the medical facility, surgical results were slightly better for those 70 and older and stenting results were slightly better for those 69 and younger. Subsequent to treatment, those in the surgical group experienced more heart attacks (2.3 percent vs. 1.1 percent in the stent group); those in the stent group experienced more strokes (4.1 percent vs. 2.3 percent in the surgical group). However, a year after the procedure, those who had suffered a stroke reported its effects more greatly impacted their quality of life than the effects reported by those who suffered a heart attack.

## Feed Your Face

Spas and dermatologists offer resurfacing treatments to repair skin compromised by sun, free radicals, and aging. But there may be times when you want the benefits of a skin-repairing product without leaving home.

The Body Deli in Palm Desert created a Blueberry Fusion Resurfacing Facial Wash that nourishes your skin with antioxidants and organic "superfoods," while providing the clinical advantage of exfoliation. The organic formula includes fresh blueberry; acai fruit puree; tamarind seed extract; an herbal infusion of rosemary, lavender, rose, and nettle; fruit-based alpha hydroxy acids; phytonutrients, carotenoids, anthocyanins, and polyphenols.

The cleanser is designed to be used in intervals of 30 days. Visit [www.thebodydeli.com](http://www.thebodydeli.com).

